



# CFA Today

July 2003

Volume 8, Issue 7

## MWR Phone Numbers:

CFA Service Line	833-2005
ACS	833-2852
Arts & Crafts	833-2940
Bowling Center	833-2849
Eagle's Nest	833-5555
Gas Light Snack Bar	833-4446
South Towne Grill	833-4789
Outdoor Shop	833-3129
Fitness Center	833-2159
Vending Hot Line	833-2727
Recycling	843-7192

**See: Swimming lessons at TEAD's Pool—Page 6**

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## TEAD/DCD Lagoon Day was a hit!



Brittany Leatham and Mark Martinez receive the grand prizes donated by Tooele Federal Credit Union.

Even the weather cooperated. What started as a gusty morning, gave way to a beautiful spring day even though it was the last day of spring. It wasn't too hot or too cold but stayed overcast most of the day with just enough breeze to make it comfortable.

Grand prizewinners of the two DVD/CD players donated by Tooele Federal Credit Union were Brittany Leatham and Mark Martinez.

**KUDOS TO BRAD AND JULIE WALL** for the outstanding job they did and always do in conducting the bingo games. Thanks also to all of the Sponsors, Committee Members, and MWR, for making it a terrific day.

(See Lagoon on page 2)

**E**mployees of Tooele Army and Deseret Chemical Depots, contractors and their families, spent the day at Lagoon. Fun and prizes were part of the itinerary for TEAD/DCD Lagoon Day, Friday, June 20, 2003. The day started at 11:00 AM at the Maple Terrace with Brad

Wall and his wife Julie, greeting everyone. Bingo, free drawings, free hot dogs, Bratwurst, Polish Dogs, pizza, along with chips and soda, were enjoyed by all. However, besides the rides, the children's favorite was the snow cone machine. ((It's funny they didn't run out of ice.))

## Stansbury Park Golf Tournament

by Ray Romero

Stansbury Park was the setting for Community Recreation's golf tournament on Friday, June 13, 2003. On a beautiful day we started our 7:30 AM shotgun start with a total of 100 golfers participating in the annual event. Following the game, (Continued on page 4)



Ray Romero presents First Prize to Dana McFarland



Dustin Smith hugs his dog (First Prize winner of the Youth Drawing.)



Dylan Trujillo, Youth Second Prize winner, told his mother beforehand, "I'm gonna win that dog and when I do, I will take it home to Aunt Jodi." He did just that. Dylan's aunt, who has been quite ill, had to have a pace maker put in.

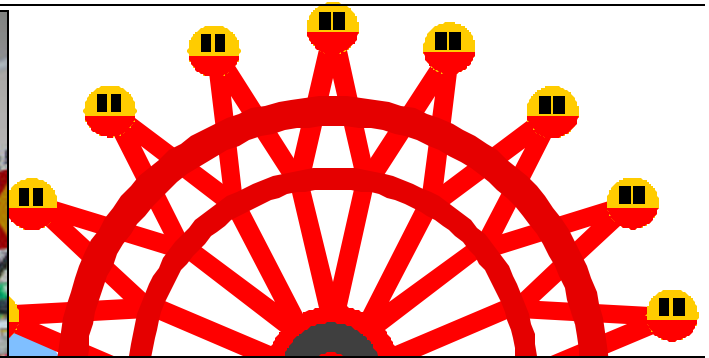


Debbie Leatham won the Sponsor Contest, receiving a



Children's favorite was the Snow-Cone machine.





"Fun, food, prizes  
and games for the  
whole family."





(Golf—Continued from page 1)

golfers enjoyed a delicious barbecue lunch prepared by Doug Wolter and Richard Trujillo. They served beyond the call of duty with their preparations of tri-tip beef, baked beans, green salad, rolls and beverages for everyone to enjoy.

At the conclusion, there were drawings for multiple prizes. Nearly everyone went home with something besides a full stomach. Dana McFarland was the lucky recipient of the 19" color TV.

We would like to thank Jim DeSimon from Tooele Beverage Company for donating some of the prizes for our tournament. We appreciate his continued support.

Last, but not least are the results:

First Place - Score of 58

Dana McFarland  
Bob Perkins  
Greg Rowley  
Jim McGoneal

Second Place - Score of 60

Jim DeSimon  
David S. Young  
Tom Young  
Ray Romero

Third Place - Score of 61

Mike Smith  
Denise Smith  
Sonny Smith  
Haden Farley

Fourth Place - Score of 63

Rob Weir  
Shawn Newingham  
Stewart Nebeker  
Greg Emery

Fifth Place - Score of 63  
(lost scorecard play-off)

Scott Hansen  
Kent Hansen  
Jesse Alvarez  
Jay Ekins

Closest to Hole No. 5

Male – Randy Davies 16' 2"  
Female – Dena Jones 49' 5"

Closest to Hole No. 7

Male – Glen Ahlstrom 9' 7"  
Female – Mary Edwards 19' 11"

Closest to Hole No. 13

Male – Jim Desimon 1' 3"

Closest to Hole No. 16

Male – Haden Farley 6' 0"

Long Drive Hole No.

Male – Tom Young  
Female – Lorraine Outzen

Long Putt Hole No. 18

Male – Don Jones 41' 6"

We would like to thank everyone who played and look forward to seeing you at our next tournament. Watch for flyers with information to come out shortly.

Pictures by Richard Trujillo



Resting after a hard day of golf.

## OUTDOOR/ITR SHOP

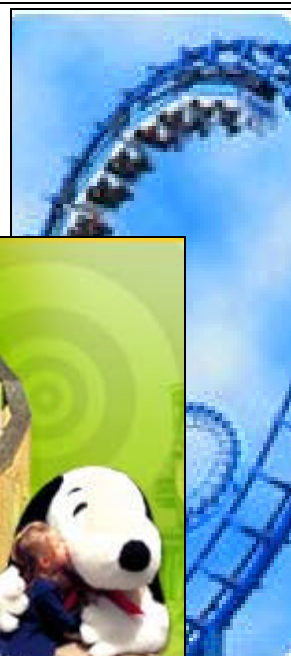
by Lita McLemore

### Visit a different park—try Knott's Berry Farm in Southern California

Knott's Berry Farm is an excellent vacation destination, combining classic theme park and water park excitement with the charm of a California Marketplace. For only \$25 for adults and \$17 for children, enjoy 160 acres of world class rides, spectacular shows and unique attractions.

Go wild on Ghost Rider, rated by thrill ride enthusiasts as the world's best roller coaster. Or, for a different type of thrill, visit the color of Fiesta Village and take in the beach-themed energy of the Boardwalk. Knott's Berry has one of the premier water parks, which features Banzai Falls, Malibu Run and Laguna Storm Watch Tower. There are 16 speed, body and tube slides in all. After you've cooled down in the water park, catch some of the shows at Mystery lodge, the Wild West Stunt Show, and Camp Snoopy. Many of our customers who regularly visit the Southern California parks recommend this park as a great

overall family park, offering something for both children and adults. If you are planning your Southern California trip soon, come by the ITR Office, building 1011, and get your tickets today!



## ART & CRAFT CENTER

by Jan Kofford

### Patriotic Summer Picnic

**NEW: (Potluck Lunch)** will be Saturday, July 26, 2003. Bring a patriotic picnic dish and enjoy half off all fees for Craft Center Activities! (Does not include framing or any retail activities.) Each month will bring a new theme for our potluck lunches. Watch for the next one.

### Hours of Operation:

Sunday—Thursday,  
2:00 PM to 8:00 PM

Friday—Saturday,  
9:00 AM to 8:00 PM

### Schedule for Classes:

#### Basic Pottery Skills

By appointment

### NEW! Painting Classes

**Janet Bilbao**

Thurs Open Studio 2:00—8:00 PM

### Farrell Bailey & Jvonne Jarvie

Wed 6:00 PM—8:00 PM

### Woodworking

**Rodger Olsen**

No summer classes. Woodworking Classes will resume in the fall

### Schedule for Certification:

Ceramic Technique

Tue 5:30 PM – 7:00 PM

Ceramic Certification

Tue 5:30 PM – 7:00 PM

Wood Shop Certification

Thur 5:30 PM—7:00 PM

Lapidary Certification

Thur 5:30 PM—7:00 PM

Do It Yourself Framing

Individual Appointment



Come in and see our frames and 3-D boxes. We have a wide variety of different ways to display your medals.





## Swimming Lessons at TEAD's Pool

Sign up today! There is  
only one set of  
swimming lessons left:  
Monday through  
Friday—July 28 through  
August 8, 2003

Times:

9:00 AM—9:45 AM

10:00 AM to 10:45 AM

(Children must be six years and  
older to participate)

Phone: 833-2159/3189

Cost is \$20 per set

# Attention!



### Bowling Center

#### New Hours:

Mon	Bowl 6—10 PM
Tue	Available parties
Wed	Bowl 6—10 PM
Thur	Available parties
Fri	Bowl 6—10 PM
Sat	Available parties
Sun	Closed
	Call: 833-2849

Win prizes—Mystery Bowl June 1st—July 31st  
Open Bowling—Mon, Wed, & Fri

## FITNESS CENTER

### The Golfer's Guide to Injury-Free Play

by Lynda S. Cooper

Increasing a new golfer's risk for injury is the common misconception that golf is a "sedentary" sport. "People can't participate in golf in an injury-free way unless they become athletes," says Leo Stoller, executive director of the American Recreational Golf Association in Chicago. "Spending 3 1/2 hours on the course requires cardiovascular endurance, flexibility and strength.

#### The pain of the game

The top three muscle-related injuries from golfing are back, elbow and shoulder strains, according to Jim Larsien, a physical therapist with Meriter Sports Medicine in Middleton, Wis. These injuries are related to the extreme twisting motion of the golf swing and often occur because of poor flexibility, inadequate warm-ups and poor biomechanics. Knees, hips and ankles are also frequently strained.

**-Lower back.** Lower-back pain is prevalent in American society, says Larsien, and the golf swing magnifies it. "Many golfers aren't physically active in other parts of their lives," says Joe Teixeira, physical therapist and co-owner of Performax Physical Therapy and the "Your Perfect Swing" clinic in Littleton, Colo. "They start with poor hamstring flexibility, poor back mobility and weak abdominals. Add to that a swing that uses the back and shoulders instead of the hips, and it results in a lot of stress on the low-back area."

**-Shoulder.** Golfers frequently suffer from inflammation of the shoulder's rotator cuff tendons caused by the "pinching" of the tendons between the bones of the shoulder, says Teixeira.

**-Elbow.** "Golfer's elbow" refers to inflammation of the elbow tendons. Larsien says a common cause is "catching too much of the ground" with the club head, which causes the elbow to absorb the impact. Also, failure to hit

the "sweet spot" of the club causes a torque rotation of the shaft, which transmits to the hand.

**-Hand and wrist.** "New golfers have a tendency to grip the club too tightly and increase their occurrence of strain," says Larsien.

**-Hip, ankle, and knee.** Injuries to the hip, ankle and knee are often related to the swing's twisting motion. Teixeira recommends that you adjust your stance and buy shoes with less traction to alleviate recurring pain.

**-Foot and shin.** Pain in these areas is frequently caused by walking the course. Even so, most experts advocate walking as opposed to using a golf cart (unless physically unable.) This decreases course wear and tear caused by carts, and walking increases a golfer's fitness level.

Here are additional suggestions to prevent golf-related injuries: participate in a regular stretching and conditioning program; always warm up before you play; and learn the proper body mechanics from a pro.

#### Remember the warm-up

Experts agree that warming up is particularly important. Tissue that doesn't have blood flow and hasn't been warmed up—when exposed to the extreme stress of rotation through the shoulder and hip—places a huge demand on the spine, says Larsien. "If people would warm up, I think we could eliminate 60 to 70 percent of the pain."

Unfortunately, many recreational and even professional golfers skip the conditioning and warm-up steps, and injuries are often the result. Dr. David Tiberio, Ph.D., associate professor of physical therapy at the University of Connecticut, recommends a regular flexibility program.

It's important to have a golf-specific flexibility program designed to put the golfer in the various positions of the golf swing, says Tiberio. This provides flexibility and helps the body coordinate the approximately 70 joints and 400 muscles required for the golf swing.

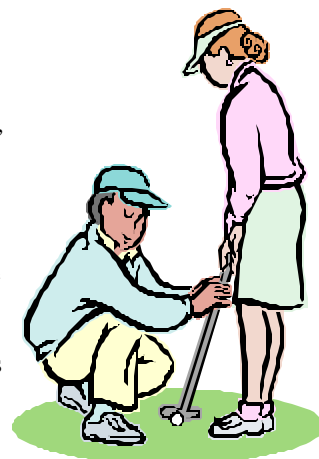
Stoller recommends increasing your fitness level with the following activities:

1. Participate in a golf-specific stretching program from an athletic trainer, physical therapist or golf pro.
2. Walk a minimum of 1 mile per day.
3. Run or ride a bicycle three times per week.
4. Monitor your diet to maintain body weight.

#### Play well with others.

Other safety tips to heed: Learn and follow proper course

etiquette, avoid alcohol while playing, and remember that golf is a game to be enjoyed. "We advocate patience," says Stoller. "Golf rage" is a safety problem on many courses, he says. "Slow down, enjoy the course and the outdoors, and remember why you are playing golf in the first place."



### Daddy's Gonna Eat Your Fingers

*As I was packing for military training, my 3 year old daughter was having a wonderful time playing on the bed. At one point, she said, "Daddy look at this," and stuck out two of her fingers. Trying to keep her entertained, I reached out and stuck her tiny fingers in my mouth and said, "Daddy's gonna eat your fingers!" pretending to eat them before I rushed out of the room again.*

*When I returned, my daughter was standing on the bed staring at her fingers with a devastated look on her face.*

*I said, "What's wrong, honey?"*

*She replied, "What happened to my booger?"*

## EAGLE'S NEST

by Shauna Fox

### Mile High Shredded Beef

1 boneless beef chuck roast (3 lbs.)  
 1 can (14-1/2 oz.) beef broth  
 1 medium onion, chopped  
 1 celery rib, chopped  
 3/4 cup ketchup  
 1/4 cup packed brown sugar  
 2 tablespoons white vinegar  
 1 teaspoon salt  
 1 teaspoon ground mustard  
 1 teaspoon Worcestershire sauce  
 1 garlic clove, minced  
 1 bay leaf  
 1/4 teaspoon garlic powder  
 1/4 teaspoon paprika  
 3 drops hot pepper sauce  
 12 to 15 hoagie buns

Place the roast in a Dutch oven; add broth, onion and celery. Bring to a boil. Reduce heat; cover and simmer for 2 1/2 to 3 hours or until the meat is tender.

Remove roast and cool slightly; shred meat with two forks. Strain vegetables and set aside. Skim fat from cooking liquid and reserve 1-1/2 cups. Return the meat, vegetables and reserved cooking liquid to the pan.

Stir in the ketchup, brown sugar, vinegar, salt, mustard, Worcestershire sauce, garlic, bay leaf, garlic powder, paprika and hot pepper sauce. Bring to a boil. Reduce heat; cover and simmer for 30 minutes. Discard bay leaf. Serve beef on buns.



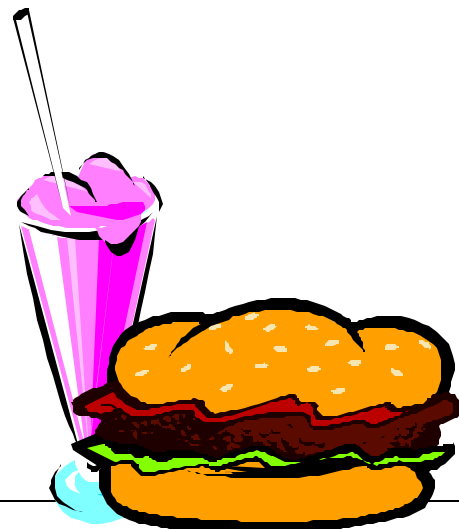
### Stars and Stripes Torte

1 package (18-1/4 oz.) white cake mix  
 1-1/2 cups cold milk  
 1 package (3.3 oz.) instant white chocolate pudding mix  
 1/2 teaspoon almond extract  
 1 cup whipping cream, whipped  
 1-2/3 cups raspberry pie filling  
 1-2/3 cups blueberry pie filling  
 Fresh blueberries and raspberries, optional

Prepare and bake cake according to package directions, using two greased 9-in. round baking pans. Cool for 10 minutes before removing from pans to wire racks to cool completely.

In a small mixing bowl, beat milk and pudding mix on low speed for 2 minutes. Beat in extract. Cover and refrigerate for 10 minutes. Fold in whipped cream.

Split each cake into two horizontal layers. Place bottom layer on a cake plate; spread with raspberry pie filling. Top with second cake layer; spread with 1-2/3 cups of pudding mixture. If desired, place blueberries around top edge of cake and form a star with blueberries, and raspberries or strawberries. Yield: 10-14 servings.



### JULY LUNCH MENU

Tuesday, July 1, 2003

Polish Dogs w/sauerkraut  
 Or Potato Bar

Wednesday, July 2, 2003

Barbecue Chicken

Thursday, July 3, 2003

Fourth of July Holiday

Monday, July 7, 2003

Breaded Pork Fritter

Tuesday, July 8, 2003

Pot Roast w/Red Potatoes & Carrots  
 Or Potato Bar

Wednesday, July 9, 2003

Navajo Taco

Thursday, July 10, 2003

Chef's Choice

Monday, July 14, 2003

Malibu Chicken

Tuesday, July 15, 2003

Roast Beef or Potato Bar

Wednesday, July 16, 2003

Baked Ham

Thursday, July 17, 2003

Chef's Choice

Monday, July 21, 2003

Chicken Fried Steak

Tuesday, July 22, 2003

Meat Loaf Or Potato Bar

Wednesday, July 23, 2003

Barbecue Pork w/Baked Beans

Thursday, July 24, 2003

Chef's Choice

Monday, July 28, 2003

Build Your Own Hamburger  
 (Hamburger was created)

Tuesday, July 29, 2003

Swiss Steak Or Potato Bar

Wednesday, July 30, 2003

Grilled Pork Chops